



## **PUBLIC HEALTH WEEK ACTIVITY LISTING**

**April 6 – 12, 2009**

**All events listed are open to the public.**

### **SERVICE PLANNING AREA (SPA) 1**

#### *2009 PUBLIC HEALTH WEEK KICK OFF EVENT:*

#### **“SUGAR IN SODAS” – INFORMATIONAL DISPLAY**

Fifth Supervisorial District

April 6, 2009 – Monday

April 10, 2009 – Friday

8:30 a.m. – 11:30 a.m. (each day)

Antelope Valley Health Center  
335-B East Ave K-6  
Lancaster, CA 93535

Event description: How much sugar is in that soda? And how many calories will that cost me? Find out by touring our informational poster display.

Contact: Roger Cruz  
Donna Wolfe

(661) 723-4506  
(661) 723-4649

#### **MAYFLOWER GARDEN SENIOR WALK**

April 8, 2009 - Wednesday

Fifth Supervisorial District

9:00 a.m. – 10:30 a.m.

Mayflower Garden  
6570 West Ave. L  
Lancaster, CA 93536

Event description: Get a move on with this beautiful garden walk! The course is approximately a ½ mile. Information will be given on walking for exercise, healthier living, and the importance of emergency preparedness. A demonstration of the “Go Bag” emergency kit for seniors will also be given.

Contact: Roger Cruz  
Donna Wolfe, CL, PHN

(661) 723-4506  
(661) 723-4649

#### **HEALTH FAIR – STEPHEN SORENSEN COUNTY PARK** Fifth Supervisorial District

April 18, 2009 - Saturday

10:00 a.m. – 2:00 p.m.

Stephen Sorenson County Park  
16801 E Avenue P  
Lake Los Angeles, CA 93591

Event description: Cooking demonstrations, live music, food, and shopping can all be found at this fun, outdoor event, brought to you by the LA County Department of Parks and Recreation and Public Health. Displays with valuable health information, and demonstrations of safety equipment will also be on hand, to satisfy your educational cravings.

Contact: Martha Collins, PHN (661) 723-4508  
Terry Lynch, PHN (661) 723-4501

**MALL WALKERS**

Fifth Supervisorial District

April 22, 2009 - Wednesday  
7:30 a.m. — 9:00 a.m.

Antelope Valley Mall  
1233 Rancho Vista Blvd.  
Palmdale, CA 93550

Event description: Cruise the mall for fun and exercise! This event, in collaboration with High Desert Medical Group, will include valuable information on healthier living and the importance of emergency preparedness. A demonstration of the “Go Bag” for seniors will be given.

Contact: Donna Wolfe, CL, PHN (661) 723-4649  
Charlotte Slater-Lunsford, PHN (661) 723-4507

**AV KID’S COOK-OFF FINALS**

Fifth Supervisorial District

April 25, 2009 - Saturday  
10:00 am. — 2:00 p.m.

Antelope Valley Mall  
1233 Rancho Vista Blvd.  
Palmdale, CA 93550

Event description: Kids, tired of a boring sandwich for lunch? Check out what these young chefs have cooked up at the Kid’s Cook-Off finals! Youth in two categories (6-8 year olds in Best Nutritious Snack and 9-13 year olds in Best Lunch Entrée and Snack) will try to out-do each other in developing and preparing great tasting, healthy foods. Celebrity announcer Will Fleming, of Lancaster Jethawks fame, will provide competition commentary. If that’s not enough to whet your appetite, information on healthy eating, health and the environment, and how to be prepared for an emergency will be given out.

Contact: Donna Wolfe, CL, PHN (661) 723-4649  
Charlotte Slater-Lunsford, PHN (661) 723-4507

## **SERVICE PLANNING AREA (SPA) 2**

### **EMERGENCY PREPAREDNESS & SAFETY EXPO**

Fifth Supervisorial District

March 21, 2009 - Saturday

10:00 a.m. — 2:00 p.m.

College of the Canyons  
26455 Rockwell Canyon Rd.  
Santa Clarita, CA 91355

Event description: This Emergency and Safety Expo by the City of Santa Clarita will answer such pesky questions as “How do you use that?” and “Why do I need a gas shut-off wrench?” Games, demonstrations, and safety equipment displays will also be offered at the Expo.

Contact: Jo Anna Levinson, CL P.H.N. (661) 287-7044  
Rita Mozian, Health Educator (818) 766-3910

### **PUBLIC HEALTH INFORMATIONAL DISPLAY**

Third Supervisorial District

April 6, to April 10, 2009 - Monday to Friday

8:00 a.m. — 5:00 p.m.

Pacoima Health Center  
13300 Van Nuys Blvd.  
Pacoima, CA 91331

Event description: During Public Health Week, visit this display to find out more about the Los Angeles County Department of Public Health’s roles and services.

Contact: Rita Mozian, Health Educator (818) 766-3920  
Olga Vigdorchik, Health Educator (818) 766-3920

### **PUBLIC HEALTH INFORMATIONAL DISPLAY**

Fifth Supervisorial District

April 6 to April 10, 2009 - Monday to Friday

8:00 a.m. — 5:00 p.m.

Glendale Health Center  
501 N. Glendale Ave.  
Glendale, CA 91206

Event description: During Public Health Week, visit this display to find out more about the Los Angeles County Department of Public Health’s roles and services.

Contact: Olga Vigdorchik, Health Educator (818) 766-3920  
Delmy Balette, P.H.N. (818) 500-5760

### **PUBLIC HEALTH INFORMATIONAL DISPLAY**

Third Supervisorial District

April 6 to April 10, 2009 - Monday to Friday

8:00 a.m. — 5:00 p.m.

North Hollywood Health Center  
5300 Tujunga Ave.  
North Hollywood, CA 91601

Event description: During Public Health Week, visit this display to find out more about the Los Angeles County Department of Public Health's roles and services.

Contact: Olga Vigdorichik, Health Educator (818) 766-3920  
Rita Mozian, Health Educator (818) 766-3910

**SANTA CLARITA SENIOR CENTER — INTERACTIVE DISPLAY**

April 8, 2009 – Wednesday

Fifth Supervisorial District

11:00 a.m. — 1:00 p.m.

Santa Clarita Valley Committee on Aging/Senior Center  
22900 Market Street  
Santa Clarita, CA 91321

Event description: Enter for your chance to win a *free* vegetable and fruit delivery to your home! Music, games and a question-and-answer session on healthy eating, active lifestyles, and preparing for emergencies will round out this fun, and interactive display.

Contact: JoAnna Levinson, CL P.H.N. (661) 287-7044  
Rita Mozian, Health Educator (818) 766-3910

**GLENDALE FARMER'S MARKET**

Fifth Supervisorial District

April 9, 2009 - Thursday

9:30 a.m. — 1:30 p.m.

Glendale Farmer's Market  
100 N. Brand Blvd.  
Glendale, CA 91205

Event description: Enjoy the sunshine, pick up some healthy produce, and learn more about Public Health's important role in the community at this outdoor event! Learn how you and your family can be prepared for any emergency.

Contact: Delmy Balette, P.H.N. (818) 500-5760  
Alex Pizano, P.H.N. (818) 500-5760

**YMCA HEALTHY KIDS DAY**

Fifth Supervisorial District

April 18, 2009 - Saturday

9:00 a.m. — 2:00 p.m.

YMCA  
140 N. Louise St.  
Glendale, CA 91206

Event description: Kids, learn all about disease tracking, what to do after an earthquake, and how to avoid germs! This is also a great opportunity for moms and dads to learn about the importance of healthy living.

|         |                                  |                |
|---------|----------------------------------|----------------|
| Contact | Rita Mozian, Health Educator     | (818) 766-3910 |
|         | Olga Vigdorchik, Health Educator | (818) 766-3920 |

**ENCINO FARMER'S MARKET**

Third Supervisorial District

April 19, 2009 - Sunday  
8:00 a.m. — 1:00 p.m.

Encino Farmer's Market  
17400 Victory Blvd.  
Van Nuys, CA 91406

Event description: Shop and learn in an outdoor environment, where Public Health will present valuable and life-saving information on health, preparing for an emergency, and easy ways to avoid common illnesses, such as the flu.

|          |                                  |                |
|----------|----------------------------------|----------------|
| Contact: | Rita Mozian, Health Educator     | (818) 766-3910 |
|          | Olga Vigdorchik, Health Educator | (818) 766-3920 |

**HEALTH FAIR & CARNIVAL**

Third Supervisorial District

April 25, 2009 - Saturday  
10:00 a.m. — 2:00 p.m.

Melvin Elementary School  
7700 Melvin Ave.  
Reseda, CA 91335

Event description: This event features something for everyone: the carnival features kids' entertainment and other fun activities. The health fair features a variety of booths including *free* health screenings, a community organizational showcase, and great informational materials.

|          |                                  |                |
|----------|----------------------------------|----------------|
| Contact: | Rita Mozian, Health Educator     | (818) 766-3910 |
|          | Olga Vigdorchik, Health Educator | (818) 766-3920 |

**SAFETY, HEALTH & LIFESTYLE EXPO**

Third Supervisorial District

April 25, 2009 - Saturday  
10:00 a.m. — 3:00 p.m.

Civic Center  
100 Civic Center Way  
Calabasas, CA 91302

Event description: If you've ever wondered why an emergency preparedness kit should include a wrench, here's your chance to find out at this Safety, Health & Lifestyle Expo. Additional information on healthy living and the importance of Public Health in your community will also be offered.

Contact: Rita Mozian, Health Educator (818) 766-3910  
Olga Vigdorchik, Health Educator (818) 766-3920

### **SERVICE PLANNING AREA (SPA) 3**

**BUILDING BLOCKS FOR A HEALTHY COMMUNITY** First Supervisorial District:  
April 6, 2009 - Monday  
9:00 a.m. — 11:30 a.m.

Pomona Health Center  
750 S. Park Ave.  
Pomona, CA 91766

Event description: Come and meet your local Public Health nurse! Learn all about the importance of proper nutrition, the benefits of exercise, and how to make healthy choices through face-to-face question and answer sessions at this interactive booth.

Contact: Carmen Ulloa-Huicochea, P.H.N. (909) 868-5302  
Anna Fields, P.H.N. (909) 868-9248

**COMMUNITY HEALTH FAIR** Fifth Supervisorial District  
April 7, 2009 - Tuesday  
8:30 a.m. — 12:00 p.m.

Monrovia Health Center  
330 W. Maple Ave.  
Monrovia, CA 91016

Event description: *Free* immunizations for children and adults, including influenza and pneumococcal, will be given. Visit the Emergency Preparedness Mobile RV for valuable information on nutrition, physical activity, resources for care givers, how to receive free or low-cost dental services, and health care for the senior population, as well as how to prepare for an emergency. This event is brought to you in cooperation with the City of Monrovia.

Contact: Tristin Pham, PHN (626) 256-0522  
Rosana Saguin, PHNS (626) 256-0510

**BUILDING BLOCKS FOR A HEALTHY COMMUNITY** First Supervisorial District  
April 7, 2009 - Tuesday  
9:00 a.m.— 11:30 a.m.

Pomona Health Center  
750 S. Park Ave.  
Pomona, CA 91766

Event description: Want more information about STDs, but not sure how to ask? Stop by the Public Health booth for free, confidential and anonymous information about the signs and

symptoms of sexually transmitted diseases, and how to avoid them. *Free* condoms will be available in the unmarked informational packets.

Contact: Carmen Ulloa-Huicochea, PHN (909) 868-5302  
Anna Field, PHN (909) 868-0248

**BUILDING BLOCKS FOR A HEALTHY COMMUNITY** First Supervisorial District  
April 8, 2009 - Wednesday  
9:00 a.m. — 11:30 a.m.

Pomona Health Center  
750 S. Park Ave.  
Pomona, Ca 91766

Event description: A healthy community starts with healthy residents. Get more information on how you and your family can stay in the best of health by accessing free or low-cost health care programs. Public Health nurses will be available to answer questions about Medi-cal, locations in the community where residents can apply for health care, and information needed for the application process.

Contact: Carmen Ulloa-Huicochea, PHN (909) 868-5302  
Anna Fields, PHN (909) 868-0248

#### **SERVICE PLANNING AREA (SPA) 4**

**LEARN ABOUT PUBLIC HEALTH WEEK** Third Supervisorial District  
April 2, 2009 - Thursday  
9:00 a.m.—12:00 p.m.

Los Angeles City College  
855 N. Vermont Ave.  
Los Angeles, CA 90027

Event description: Learn more about Public Health's role and services to the community, which include teaching residents about emergency preparedness, nutrition, preventing STDs, improving your heart health, and enhancing your active lifestyle.

Contact: Daniel Bellosillo, PHN (323) 769-7807  
Fariba Yengejeh, PHN (323) 769-7902

**RESOURCE & INFORMATION FAIR** First Supervisorial District  
April 7, 2009 - Tuesday  
8:30 a.m. — 10:30 a.m.

Central Health Center  
241 N. Figueroa St,  
Los Angeles, CA 90012

Event description: This free and interactive event will feature information on preparing for an emergency, improving nutrition and physical activity, preventing STDs, and obtaining free or low-cost health care.

Contact: Patricia Alexander, CL PHN (213) 989-7090  
Carina Lopez, MPH Health Educator (213) 989-7156

**LEARN ABOUT PUBLIC HEALTH WEEK**

Third Supervisorial District

April 8, 2009 - Wednesday  
9:00 a.m. —12:00 p.m.

Hollywood-Wilshire Health Center  
5205 Melrose Ave.  
Los Angeles, CA 90038

Event description: Learn more about Public Health's role and services to the community, which include teaching residents about emergency preparedness, nutrition, preventing STDs, obtaining free or low-cost dental care, improving your heart health, and enhancing your active lifestyle.

Contact: Daniel Bellosillo, P.H.N. (323) 769-7807  
Fariba Yengejeh, P.H.N. (323) 769-7902

**SERVICE PLANNING AREA (SPA) 5**

**TUNE IN!! RADIO INTERVIEW  
KTYM 1460 AM**

Second Supervisorial District

April 1, 2009 - Wednesday  
9:30 a.m.

Event description: Commissioner Janet Neal, of Los Angeles County's Commission on Disabilities, will speak about the importance of National Public Health Week. Commissioner Neal is the host of the Commission's monthly talk show program, the "Disability Network," on KTYM 1460 AM. She is a highly charismatic and caring program hostess, promoting disability awareness, community outreach, and providing a medium for open discussion on a range of topics and issues that affect people with disabilities and their families.

**YMCA HEALTHY KIDS DAY**

Second Supervisorial District

April 4, 2009 - Saturday  
10:00 a.m. — 2:00 p.m.

Westchester YMCA  
8015 S. Sepulveda Blvd.  
Westchester, CA

Event description: YMCA Healthy Kids Day is a free, fun-filled day of activities designed to promote healthy kids and families in spirit, mind and body. Public Health will host a "Car Safety" booth with demonstrations on correct installation of car seats, and valuable information on seat belt safety regulations for children. Staff will also be on hand to answer questions about the law prohibiting smoking in a vehicle when children are present.



Contact: May Singaus, PHN  
Nicole Vick

(310) 998-3208  
(323) 234-6711

**SANTA MONICA COLLEGE HEALTH FAIR**

Third Supervisorial District

April 9, 2009 - Thursday  
10:00 a.m. — 2:00 p.m.

Santa Monica College — Library Walkway  
1900 Pico Blvd.  
Santa Monica, CA 90405

Event description: Find out about the valuable services offered at the nearby Simms/Mann Health and Wellness Center. Also, information on an upcoming flu vaccine clinic will be available.

Contact: Helen Obih, P.H.N.  
Nicole Vick, Health Educator

(310) 998-3201  
(323) 235-6711

**WEST LA COMMUNITY COLLEGE HEALTH FAIR**

Second Supervisorial District

April 15, 2009 - Wednesday  
10:00 a.m. — 2:00 p.m.

West Los Angeles Community College (free speech area)  
9000 Overland Avenue  
Culver City, CA 90230

Event description: This health fair for college students will focus on nutrition and how to avoid the dreaded “Freshman 15.” Additional information on free or low-cost health care access and information on the importance of Public Health in the community will also be available.

Contact: Mary Singaus, P.H.N.  
Nicole Vick

(310) 998-3208  
(323) 235-6711

**SERVICE PLANNING AREA (SPA) 6**

**WOMEN’S HEALTH – HEALTH FAIR**

Second Supervisorial District

April 11, 2009 - Saturday  
9:30 a.m.

Bethel Missionary Baptist Church  
10905 S. Compton Ave.  
Los Angeles, CA 90059

Event description: Ladies, this is a great opportunity to learn about issues specific to your health and well-being! Information will be available on diabetes, cholesterol, hypertension, breast and cervical cancer.

Contact: Esther Arias McDowell  
Ellen Eidem, Director, Women’s Health

(626) 569-3823  
(626) 569-3850

**STD AWARENESS EVENT**

Second Supervisorial District

April 18, 2009 - Saturday  
12:00 p.m. — 4:00 p.m.

Youth Opportunities Unlimited High School  
1827 E. 103<sup>rd</sup> Street  
Los Angeles, CA 90002

Event description: Attendees will receive a raffle ticket for a chance to win a *free* iPod Nano! Kaiser Permanente's Educational Theater Group will present its dramatic performance, "What Goes Around," where five students learn how their circle of friends connects them to people they have never met. *Note: this performance is most appropriate for high school age youth, or older.* After the event, youth can visit the interactive tables to learn how text messaging can improve your health. Youth who bring a friend to this event will receive an additional raffle ticket. Other giveaways may be available.

|          |                     |                      |
|----------|---------------------|----------------------|
| Contact: | Susan Walker, MPH   | (213) 744-3070       |
|          | Jackie Provost, MPH | 213) 386-5614 X 4556 |

**4<sup>th</sup> ANNUAL SOUTH LA EARTH FEST**

Second Supervisorial District

April 18, 2009 - Saturday  
10:00 a.m. — 5:00 p.m.

Leimert Park Village  
Intersection of S. Crenshaw Blvd. and W. Vernon Ave.  
Los Angeles, Ca 90008

Event description: An *Earth Day* celebration will be held featuring seminars, healthy cooking and gardening demonstrations, an eco-film festival, and *live* entertainment.

|          |                                 |                |
|----------|---------------------------------|----------------|
| Contact: | Nicole D. Vick, Health Educator | (323) 235-6711 |
|          | Yesenia Eras, PHN               | (323) 235-6722 |

**CHILDREN'S ATHLETIC GAMES & FAMILY FAIR**

Second Supervisorial District

April 25, 2009 - Saturday  
10:00 a.m. — 5:00 p.m.

El Camino College – Compton Center  
1111 E. Artesia Blvd.  
Compton, CA 90221

Event description: The 15<sup>th</sup> Annual Children's Athletic Games and Family Fair, hosted by the Center for Community and Family Service and Public Health, will feature information on preparing for an emergency, access to free or low-cost health care, and the roles and services that Public Health provides to the community.

|          |                              |                |
|----------|------------------------------|----------------|
| Contact: | Nicole Vick, Health Educator | (323) 235-6711 |
|          | Monica Donald, PHN           | (323) 563-4134 |

## **SERVICE PLANNING AREA (SPA) 7**

### **WHITTIER FAMILY FAIRE & SPRING EXTRAVAGANZA** Fourth Supervisorial District

April 4, 2009 - Saturday

11:00 a.m. – 2:00 p.m.

Parnell Park  
15390 Lambert Road  
Whittier, CA 90604

Event description: The Whittier Health Center will be participating in the ‘Month of the Family’ kick off event at the annual Whittier Family Faire. Other local agencies, schools, programs, non-profit organizations, and faith-based organizations will showcase their services. Public Health staff will provide information and materials on healthy lifestyles, nutrition, and disease prevention.

Contacts:      Lindsey Lastra, Health Educator      (562) 464-5369  
                     Maria Camacho, Community Worker      (562) 464-5476

### **“UNNATURAL CAUSES” FILM SCREENING**

Fourth Supervisorial District

April 14, 2009 - Tuesday

7:00 p.m. – 9:00 p.m.

Whittier College  
13406 Philadelphia Street  
Whittier, CA 90601

Event description: Staff from the Whittier Health Center will present a screening of “Unnatural Causes”. This documentary was originally broadcast by PBS, and tackles the root causes of our alarming socio-economic and racial inequities in health. The series crisscrosses the nation uncovering startling new findings that suggest the social circumstances in which we are born, live, and work can actually get under our skin and disrupt our physiology as much as germs and viruses.

Contacts:      Lindsey Lastra, Health Educator      (562) 464-5369  
                     Maria Camacho, Community Worker      (562) 464-5476

### **WHITTIER CONNECT DAY**

Fourth Supervisorial District

April 16, 2009 - Saturday

8:00 a.m. – 3 p.m.

7926 S. Pickering Avenue  
Whittier, CA 90608

Event description: Staff from the Whittier Health Center will participate in “Whittier Connect Day,” an event designed to connect homeless individuals and families to available health and human services and other public benefits.

Contacts:      Lindsey Lastra, Health Educator      (562) 696-9568

Maria Camacho, Community Worker

(562) 464-5476

**CERRITOS COLLEGE RESOURCE FAIR**

Fourth Supervisorial District

April 23, 2009 - Thursday

10:00 a.m. – 1:00 p.m.

Cerritos College  
11110 Alondra Blvd.  
Norwalk, CA 90650

Event description: Information on Public Health services will be provided by staff from the Whittier Health Center.

Contacts: Lindsey Lastra, Health Educator  
Maria Camacho, Community Worker

(562) 464-5369

(562) 464-5476

**SERVICE PLANNING AREA (SPA) 8**

**“PUBLIC HEALTH SPRINGS INTO BUILDING HEALTHIER COMMUNITIES” –  
INFORMATION FAIR**

Fourth Supervisorial District

April 7, 2009 - Tuesday

8:30 a.m. – 1:00 p.m.

Wilson Park  
2200 Crenshaw Blvd.  
Torrance, CA 90503

Event description: This event, brought to you by Torrance Health Center and Public Health, will feature *free* give-aways, as well as valuable information on quitting smoking, improving nutrition, preventing diseases, and how to access free or low-cost health care. Information in English and Spanish will be available.

Contact: Barbara DeRidder, PHN  
Dan Evans, PHN

(310) 354-2201

(310) 354-2200

**CATALINA ISLAND COMMUNITY HEALTH FAIR**

Fourth Supervisorial District

April 23, 2009 - Thursday

10:00 a.m. – 3:00 p.m.

Catalina Island Casino Building – Ballroom  
1 Casino Way  
Avalon, CA 90704

Event description: Over 30 health screening and education stations are open and designed specifically for the residents of Catalina Island. Public Health staff will provide information on programs and services, and will distribute materials on good health practices and disease

prevention. Nursing staff will also be conducting tuberculosis (TB) screenings. Interactive games and question-and-answer sessions will be held.

Contact: Jessica Marshall, Health Educator

(310) 419-5518